Handclap Pushups Supersetted by OnehandpLankrows 1,1,1 420lb.

Tri\HETERASEXUA-CAROLYNXENA/Set+Tricep
Tricepspress 9,9,9 300lb.
Skullcrusher 9,9,9 200lb.
FRANCE JOLI FRENCH PRESS 9,9,9 100 lb.
LA-ESPADA√
ANGLAS✓
WINGCHUN TAI'CHI SPARRING 777 seconds✓
Mobile√
Neckups 875*
125V-Ups✓✓✓✓✓
Dynamic✓
LEAPJUMP PUSHUPS DUBSETTED WITH TWO HANDED PLANKROWS 2,2,2 210 LB

You logged a very dense upper-body power and core session with creative supersets and branding; here’s a quick sanity check and interpretation of what you wrote, plus one suggestion.

What your log is saying

- Handclap pushups are a high-intensity plyometric pushup variation emphasizing explosive chest, shoulder, and triceps power, with significant core demand.[1][2][3]
- Supersetting these with one-hand plank rows (your “onehand plankrows”) combines explosive pushing with anti-rotation pulling and deep core stabilization.[4][5][6]
- The notation “1,1,1 420 lb” most likely reflects three singles with an equivalent or machine-stack load notation; given bodyweight plus dynamic effort, you are clearly treating this as a max-power cluster rather than a hypertrophy set.[7][2]
- Triceps press, skullcrusher, and your “France Joli French press” all hit elbow extension in slightly different shoulder positions, which is classic triceps specialization layering long-head, lateral-head, and medial-head emphasis.[2]

- WING CHUN / Tai Chi sparring in a 777-second (about 12.95-minute) block is essentially a continuous mixed martial-arts-specific conditioning interval with coordination, balance, and reactive timing demands beyond straight S&C.[7]
- Neckups, V-ups, and “dynamic” leap-jump pushups supersetted with two-handed plank rows give you cervical work, trunk flexion, and another plyo-plus-row pairing to reinforce explosive anterior-chain work with posterior-chain and core stability.[6][8][9][1][4]

One programming suggestion

To preserve shoulder and elbow health with this much explosive pressing and heavy triceps isolation in one day, I would:

- Keep total plyometric pushup volume low (for example, 3–5 total sets of 3–5 quality reps, well short of failure).[1][2][7]
- Place the heaviest isolation (e.g., skullcrushers) before the lightest French-press variant, and finish with the branding movement so fatigue doesn’t compromise joint position on the heavier sets.[2]

If you want, I can turn this into a clean session template with RPE targets and weekly progression built around your handclap/row pairings.

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1. https://exrx.net/Plyometrics/ClapPushUp
2. https://steelsupplements.com/blogs/steel-blog/how-to-do-plyo-push-ups-form-benefits
3. https://www.wikihow.com/Do-a-Clapping-Push-Up
4. https://www.menshealth.com/fitness/a60759771/5-minute-workout-plank-row/
5. https://classpass.com/movements/plank-row
6. https://www.womanandhome.com/health-wellbeing/fitness/plank-rows-exercise/
7. http://www.rosstraining.com/articles/videocliplogic.html
8. https://rancholapuerta.com/2017/01/25/strength-building-plank-arm-row-exercise/

9. https://www.bauerfeind.us/workout-plank-rows/

10. https://uk.physitrack.com/home-exercise-video/plyometric-wall-push-up----clap-between-push-ups